

Champions of Spelling at Little Vis



Six students at Visitacion Valley Elementary School (VVES) had the proud distinction of being named winners in the institution's annual Spelling Bee Contest for 1997-98. They included: Chapman Seto, Kindergarten; Shakir Rand, 1st grade; Allen Du, 2nd grade; Allen Kuang, 3rd grade; Erin Chan, 4th grade. School champion Serena Lee (right) of the 5th grade went on to represent VVES in a citywide contest. See page 3 for more "Little Vis" news.

Mayor Brown Inspires VVMS Students During Assembly

Beneath a large banner proudly proclaiming, "Our Pride is Back," students of Visitacion Valley Middle School (VVMS) combined music and verse in a spirited afternoon *Black History Assembly* on Feb. 27 which featured enlightening words from guest speaker Mayor Willie Brown. Students attending the 2 p.m. assembly were first entertained by the Touch of Class Choir from Philip and Sala Burton High School singing an uplifting "Lift Every Voice and Sing" before returning later in the program for more musical selections. Several inspiring poems were presented by VVMS students throughout the hour, as the audience perused a program listing products created by African American inventors. VVMS Assistant Principal Tina Smith complemented praise earlier given by Principal John Flores to the student

body for skills well executed in organizing the event. She then introduced Mayor Brown, who entered the VVMS auditorium to a thundering ovation.

Brown spoke candidly about future opportunities in the local job market, especially in multimedia, and reminded students that future success would be determined by effort now applied in their formative years. He then recounted his past experiences, a long journey from hometown Mineola, Texas through 31 years in state government before being elected mayor of San Francisco in 1995.

As a youth attending a segregated high school with obsolete textbooks and no athletic facilities, Brown's had originally inspired to become a mathematics instructor, a goal quickly surpassed by his interest in politics after relocat-

ing to the City in 1952. Unable to pass an entrance examination for San Francisco State College, he was granted an interview with a counselor at the institution who asked him direct questions that led to his admittance on probation. Through hard work and determination he quickly excelled, going on in life to become both a prominent attorney as well as state legislator, before eventually reaching City Hall. "It can happen for every one of you if you want it to happen," Brown enthusiastically told his eager listeners. "If I can do it, everyone can do it!" One thing that didn't work right, Brown laughingly recalled, was his jumpshot as a point guard on the S.F. State basketball court. As a player on rugged outdoor courts in Texas, he had always accounted for the wind obstructing the path of the basketball in scoring his points.

Valley Residents Voice Their Concerns to Supervisors During Community Meeting at Sunnydale Auditorium

San Francisco's Board of Supervisors brought their regular weekly meeting to Visitacion Valley on Mar. 2, where neighborhood residents packed the Sunnydale Auditorium to voice their concerns about local issues.

The Board had agreed in the past to make meetings more accessible to City residents by periodically conducting business in various neighborhoods.

Of the two dozen residents who stepped to the microphone to express their views at the Monday evening meeting, 15 cited safety as their major concern for attending.

Presenting plenty of statistics was ESL instructor Marlene Tran, representing the Visitacion Valley Asians' Alliance, who reported a startling 60 percent of her students had been victims of crime. She requested that more bilingual police officers be assigned to the neighborhood's growing Asian American community, and that more services be provided for the non-English-speaking residents of the area.

Tran also suggested that a crime prevention video in Chinese be aired on a foreign language television station to instruct residents on safety measures.

Her views were supported by several other speakers from the Asian community who related their experiences through a translator. One man, a former resident of Teddy Avenue, described how he had been attacked four times,

with his car suffered three atrocities. Another explained that students were afraid to attend evening ESL instruction for fear of being accosted in the dark after classes. Still others requested a senior center be organized for the Asian community in Visitacion Valley so they could be more clearly informed of various issues affecting them.

Vincent Chao, principal of Visitacion Valley Elementary School spoke about efforts of the current Valley Merchants Association, as well as the City's latest effort to revitalize commerce along a stagnating Leland Avenue. He described a recent survey of both residents and merchants conducted by the Mayor's Office of Community Development citing safety as their primary issue of local concern.

Chao's remarks were supported by J.B., a hair stylist who operates The Shop on Leland Ave. He expressed his desire to see empty store fronts return to thriving businesses, possibly providing his business with a little competition.

Anne Seeman of Friends of Visitacion Valley Parks summarized her group's activities in the past two years as advocating the upgrade and restoration of parks and open space in the neighborhood. She described recent construction slated for local parks and the future of outdoor areas to be enjoyed by generations to come.

Rohin Moore, project manager of the American Red Cross Family Community Partnership located both in Sunnydale and Potrero Hill, saluted the positive changes recently made by the City in its public housing, and invited all interested to free CPR training available in Sunnydale later that month.

Bill Threadgill of the El Dorado School Neighborhood Betterment Council requested that Visitacion Valley again be served by only one police precinct in order to optimize service.

Kim Mitchell of the TURF program in Sunnydale suggested San Francisco consider investing in the neighborhood—having recently been given a considerable upgrade—to encourage local residents to participate more in their community.

And Esther Smith, a resident of Sunnydale for more than two decades, was thankful for added security in the area, enabling fellow senior citizens to take walks in the neighborhood and ride busses with less fear.

CPR Classes to be Held at Sunnydale

Free CPR classes will be offered Saturday, Mar. 14 from 9 a.m. to 1 p.m., and 1 to 4 p.m. at 1704 Sunnydale Ave. Call 1-888-686-3600 for further information.

Valley Street Festival Could Soon Become a 'Neighborhood Day'

Visitacion Valley Task Force (VVTF) members were presented with a plan Feb. 28 to convert the area's Street Festival into a new annual celebration tentatively called *Visitacion Valley Neighborhood Day*.

Ideas for the new event, to take place Saturday, May 16 from 12 noon to 5 p.m. were presented by Dr. John Flores, principal of Visitacion Valley Middle School (VVMS), who suggested the new festival could be moved from its present Leland Avenue location to the playground and gymnasium of the Visitacion Valley Elementary School (VVES) on Schwerin Street where Principal Vincent Chao has already expressed his approval.

Use of the school, its auditorium, restrooms, and possible use of the cafeteria could provide a base for the five-hour event, supplemented by use of the Visitacion Valley Community Center (VVCC) bungalows adjacent to VVES on Leland Avenue where activities could be arranged for preschool children. An outdoor stage would also be erected to provide live entertainment.

A basketball tournament for both middle and high school students would also coincide with the festivities, and could be held at the VVMS gym.

Held annually since 1984, the original *Street Fair and Parade* saw marchers begin their walk at Collman Pool on Visitacion Avenue and Hahn Street, finishing at the Community Center on Raymond Avenue. In later years, the scaled-down event was moved to the first block of Raymond at VVCC, where arts and craft exhibits augmented the festival. Another move to Leland Avenue, the neighborhood's key business strip, met with mixed results from merchants, some who felt the street's closure for eight hours was a detriment to business.

A NEW LELAND AVENUE

Jay Smith and Gloria Woo of the Mayor's Office of Community Development (MOCD) presented drawings drafted by the Community Design Center depicting how Leland Avenue

could appear after revitalization of Visitacion Valley's business area. Originally unveiled at a neighborhood planning committee meeting on Feb. 23, these drawings feature a spruced-up, tree-lined street with an infusion of new business. Committee members were able to give feedback at the meeting to be considered in a final rendering of the drawings.

Woo also reported that additional input was sought to supplement recent research of a survey conducted by the Public Research Institute at San Francisco State University from both monolingual Asian and Samoan residents in the Valley.

EVALUATION COMMITTEE

Dr. Flores also distributed documents consisting of cover sheets and guidelines to the Task Force pertaining to reports about government-funded projects in the Valley. Both a group's project coordinator and an individual evaluator will be monitoring and giving progress reports about an organization at future VVTF meetings.

In reviewing past operations of the Valley Merchants Association, VVTF member Al Thomas summarized an attempt had been made to organize businesses on Leland Avenue, but that a lack of merchant leadership had been a detriment.

VALLEY PARKS

Anne Seeman of Friends of Visitacion Valley Parks presented a letter from the Task Force to be sent to the Mayor's Office (See Page 2) requesting support for the revitalization of Valley parks, as well as preservation of the Reis Tracts adjacent to Rutland Street as open space.

LEADERSHIP SEMINAR

Rita Adrian announced the next phase of leadership training for VVTF members would be Saturday, Mar. 14 from 9 a.m. to 12 noon at VVCC.

NEXT MEETING

Next VVCC meeting is scheduled for Saturday, Mar. 28, 10:30 a.m. to 12 noon at the Community Center gymnasium, 50 Raymond Ave.

Development of the City's Southeast Section Will Affect Local Environment

by Ralph Oraquita

Southeast Alliance for Environmental Justice (SAEJ) is maintaining a collaboration with the Little Hollywood Committee with an intention for a future comprehensive health study and assessment of toxic sites in Visitacion Valley to be added to the database of the southeast section of San Francisco.

Traffic, air emissions, Candlestick stadium, recycling facilities, hazardous waste sites, brownfields, health issues, and developing a healthy environment are some of the issues that affect both communities.

A chain reaction of new construction, demolition, and development has an amplified cause and effect in the southeast area of the City and along the waterfront. Both the Giants stadium at China Basin and the Mission Bay development will have an enormous gentrification effect on their perimeter land uses. Relocation of light and heavy industries has already started and rezoning is causing M2 heavy industrial land use to be reduced.

The Planning Commission is granting permits for new live/work units in the Central Waterfront east of Third Street which will in turn lead to a further reduction of blue collar work available in the City.

Heavy industries that relocate will have only one place to go, Bayview-Hunters Point and its waterfront. A proposed sale of the PG&E power plants will renew environmental concerns of increased Bay water and air pollution.

MEETING UPDATE

During a February SAEJ meeting with representatives of Golden West Studios, president Charlie Swanson made a presentation about the development of movie and video sound stages, and multimedia facilities in existing buildings at the Hunters Point Shipyard. Mayor Willie Brown has endorsed this effort, a proposed project that will provide renovation and installation of special equipment in 14 large sound stages (6,000-25,000 square feet, 60-80 feet high). There will be long

term office space within the 11 buildings on 40 acres of 550-acre Hunters Point parcel.

A presentation given by Damien Raffar about development of an area at Pier 98 (actually landfill for an unfinished pier) into a wetland and environmental study area and park is still moving forward. PG&E's power plant hot water discharge is west of this 25-acre parcel of land on Islais Creek. The wetland will be restored, trails will be constructed and a finished pier will be installed. Caution must also be used to determine if fish of this area are safe for human consumption.

A new *Literacy for Environmental Justice Project* will be established and located at the SAEJ office, according to project coordinator Dana Lanza. This will be a school-based education program for Bayview/Hunters Point youth with 18 environmental subjects including a classroom-based educational component, a hands-on activity or service project, accompanying curriculum suggestions, and post program reflection and evaluation.

A presentation by Neil Cendel of the Health Children's Organization Project was concerned with the lead and other toxins within the home, schools and other interior areas. Removal of pre-1978 exterior paint containing lead must be contained. Call the Department of Building Inspections at (415) 558-6598 to report any sand blasting or grinding of painted surfaces. Every child should be tested for lead in their blood. Very complicated health problems could be prevented.

There were also discussions of Norcal using Pier 96 for recycling, Lonestar Concrete moving to Pier 92, and Pier 94/96 being used for heavy vehicle maintenance and storage or bidding for a lease agreement. The sale of PG&E power plants was also a serious discussion subject.

San Francisco's southeast area must be developed without creating more long term problems with short term solutions.

Grapevine Mailbox



Task Force Asks Mayor to Support Valley Greenway

Following is a letter recently sent by the Visitacion Valley Task Force to Mayor Willie Brown concerning the local Reis Tracts.

Dear Mayor Brown:

On behalf of our community, the Visitacion Valley Task Force thanks you for your recent participation in the Community Boards Day of Dialogue on Race.

The Task Force asks for your support of the proposed Visitacion Valley Greenway on the six parcels of land known as the Reis Tracts in the Valley. This land is currently owned by the San Francisco Water Department, which is interested in selling it.

Our neighborhood was once a thriving agricultural center, ironically no fresh produce is available these days except from backyards and the com-

munity garden. The Visitacion Valley Greenway will combine agricultural areas, recreation areas and educational demonstration gardens, as well as a farmers' market plaza containing exhibits of neighborhood history and art. This will revitalize and transform our community, giving it an identity based on its history and an intelligent application of resources.

Among the Friends of Visitacion Valley Parks collaboration are schools and day care centers, which are within walking distance from the proposed Greenway and can benefit greatly from involvement with the Greenway. Visitacion Valley is not only one of the most diverse neighborhoods in San Francisco, but also has one of the highest percentages of children in the City. Hence, the Greenway can become a safe place for urban children to explore nature on their own.

This project offers us an opportunity to build a stronger community by bringing all of the Valley's diverse population to work, learn and play together. Thus, the Task Force urges you to endorse the creation of the Visitacion Valley Greenway.

Respectfully,

Joel Tate,

Task Force Acting Chair

State Bill Introduced to Limit Pesticide on School Grounds

Legislation was recently introduced in Sacramento to ban the use of toxic pesticides at schools and day care centers.

"If we want a healthy learning environment for our children, we must create a healthy physical environment," said Assemblymember Kevin Shelley (D-San Francisco/San Mateo). "We know pesticides are dangerous to adults. Our children are even more susceptible to harm."

Shelley's legislation, AB 1948, was developed in response to a study released recently by Californians for Pesticide Reform (CPR) which found that 87 percent of schools surveyed, including several in the Bay Area, reported using one or more of 27 hazardous pesticides that cause cancer or affect the reproductive system. The study also found that parents, teachers and students are kept in the dark about pesticide use because the state has no notification requirements for pesticide use in schools.

If passed, the new legislation would

*Eliminate the use in schools and day care centers of pesticides which cause cancer, adverse reproductive and developmental problems, and acute nervous system toxicity;

*Require all school pesticide use to be reported; and

*Require prior notification to parents before the application of pesticides.

Recently, the San Francisco Unified School District voted to ban the use of harmful pesticides at its campuses and develop an Integrated Pest Management Policy. Under the new legislation, the policy would be expanded statewide.

"Alternatives to hazardous pesticides exist," said Shelley. "Three school districts in the state, as well as the San Francisco Recreation and Parks Department have been able to eliminate most pesticide use without negative consequences. With effective alternatives, there is simply no place in schools for hazardous substances."

McLaren Park Neighbors Oppose Disc Golf Course

by Julie Kavanagh

In a contentious Sunday afternoon meeting on Feb. 8, neighbors who live adjacent to McLaren Park loudly opposed the installation of a recently proposed disc golf course.

Feelings were strong on both sides, as more than 150 area residents braved the rain and flooding to be heard, many for the first time.

Marvin Yee of the San Francisco Recreation and Parks Department presided over the meeting and attempted to outline the pros and cons of the proposal, but found it difficult to be heard above the din of the crowd. Many of those attending booed and shouted at each other as lines were drawn on both sides of the question. On each side of the issue there were residents convinced that Yee was taking the opposite side.

But opponents did agree on one thing: past failures of the Rec and Parks to manage existing amenities and services in the McLaren Park. This issue made neighbors leery of a proposed MOU (or contract) with the Disc Golf Club as a tool to force the club to keep the area clean while not encroaching on the enjoyment of the park by others.

Disc golf seemed to be the final straw in neighborhood's long-simmering resentment of Rec and Parks' planning for McLaren Park without adequate outreach to its neighboring residents.

Many of the speakers in attendance cited examples of Department neglect. One man recounted that Rec and Parks had built a bathroom in McLaren Park many years ago that has never been opened, but is instead used as a tool shed. Thus, when all attending the meeting decried the park's lack of bathroom facilities.

It should be noted that many years have passed since a Master Plan for McLaren Park was adopted, yet very few improvements have been implemented. And those few, mostly cosmetic in nature, have only recently begun.

Neighbors attending the Feb. 8 meeting also expressed very negative



Concerned neighbors gathered to voice their pros and cons about the proposed disc golf course for McLaren Park.

views of a planned park administration building described in McLaren Park plans.

Although the Disc Golf Club has been privately raising money for the cost of the course, neighbors felt it not fair that Rec and Parks would approve this measure ahead of the many improvements that had been previously promised. Their point was that these improvements had also been paid for--and with their taxes.

Yee had promised the group that a consensus reached by the end of the day would dictate Rec and Parks' next steps. And judging from sentiments expressed, the future of disc golf in McLaren Park might be dead--killed by years of neglect suffered by both McLaren Park and its neighbors.

In the meantime, opponents of the disc golf proposal planned a meeting held on Mar. 10 which they advertised with flyers warning, "Save McLaren Park."

Let's hope both the mayor, and Rec and Parks take the message of the neighborhood to heart and initiate an ongoing dialogue with the entire area on plans for area parks, while also beginning to implement some of the previously approved improvements. They are sorely needed, and adequate lines of communication with all residents could

go a long way in repairing damage done during past administrations.

In addition, we hope that those neighborhoods who defeated the disc golf course proposal will use their considerable energy to join hands with the rest of their neighbors and begin promoting some positive solutions for McLaren Park.

Some participants at the meeting expressed a wish for young people to get involved in activities such as science and nature walks. We hope they'll volunteer through local schools and youth organizations. In recent years, schools and youth organizations bordering McLaren Park have sponsored Park Clean-up days. Such events depend on many volunteers to helping with organization and supervision, an ideal way for McLaren Park neighbors to make contact with area students. These activities could in turn grow into ongoing projects that would reinforce principles of community involvement taught in the schools.

And results of such activities would bring result in the ideals those supporting the Disc Golf Club wanted all along--positive activities for our neighborhood that could bring youth and adults together in an alliance for community good.

Physical Activity Can Do Your Heart a World of Good

Physical inactivity is a risk factor for heart disease. The American Heart Association (AHA) recommends that people get a total of at least 30 minutes of moderate to vigorous physical activity 3-4 times per week to maintain cardiovascular fitness. Mild to

moderate levels of daily physical activity are also beneficial.

Benefits of physical activity include lowering high blood pressure, increasing HDL (good) cholesterol, losing excess weight, strengthening the cardiovascular system, and looking and

feeling better.

Physical activity does your heart good! AHA suggests walking, hiking, swimming, biking, jogging, stair climbing, running, rowing or endurance activities. Even housework, gardening and dancing.

New Pet Adoption Center Needs Volunteers

San Francisco SPCA has opened up its brand new, one-of-a-kind Maddie Pet Adoption Center and is seeking animal-loving people to help with its dog and cat adoption program. Volunteer opportunities are available as adoption counselors, cat socializers, dog walkers and dog behaviorists.

Volunteer orientations are offered at 243 Alabama St. on Tuesday evenings, Mar. 10 and Mar. 24 from 5 to 7 p.m., and Saturday Mar. 21 from 10 a.m. to 12 noon. Call 554-3087 for information.

Fundraiser at VVCC

Gail and her volunteers will be having a fundraiser for Visitacion Valley Community Center on Thursday, Mar. 19 at 12 noon.

An all you can eat "super" lunch will feature ham and turkey, yams, dressing and salad, with cookies and ice cream for dessert.

Price is only \$6 a ticket. Raffle tickets will be two for \$1.

Bring your friends and neighbors and have a good time. Call before and let Gail know if you can attend.

And if you can't make it, please send a donation to VVCC at 50 Raymond Ave.

CASH BACK ON FIXED FELINES

Get your cat spayed or neutered free at the S.F. SPCA and you'll get \$5 cash back. Only San Francisco cats and their caretakers are eligible and appointments are necessary. Call 554-3084. This program also includes all San Francisco Rottweilers, pit bulls and pets belonging to homeless San Franciscans.

CLASS ON DOG AGGRESSION

S.F. SPCA is offering a special class on Dog Aggression for people who own aggressive dogs. This two hour class on Saturday, Mar. 21 from 3 to 5 p.m. is for owners only. No dogs allowed! Cost is \$10 for the public, but free for S.F. SPCA members. Call 554-3085 to register.

TAX BREAK WITH DONATION

The S.F. SPCA is accepting car, boat and truck donations. If you donate your vehicle, you are allowed to deduct the fair market value according to the Kelly Blue Book. The Society will receive a percentage of the proceeds at resale, which will aid homeless dogs and cats. To donate or find out more about this program, call 554-3046.

Youth Counselor Killed In Valley Parking Lot

A Sonoma County counselor visiting a client in San Francisco was accidentally shot and killed Feb. 7 outside a Visitacion Valley convenience store during an argument between two groups of young people.

Melodie Silva, 46, of Windsor had driven a youth client and friends to the 7-11 store on Bayshore Boulevard and Arleta Avenue at 2:45 a.m. when heated verbal exchanges erupted in the parking lot. When a gun was fired, the bullet struck the back of Silva's front seat. The youth counselor, a mother of three, had been working toward a doctorate in clinical psychology.

QUESTION:

Which of these are collected by the Curbside & Apartment Recycling Programs?

newspapers
paper bags
magazines
catalogs
junk mail

white paper
colored paper
computer paper
paper packaging
MUNI & BART passes

phone books
postcards
shoe boxes
egg cartons
etc, etc....



ANSWER:

All of the above!

San Francisco
RECYCLING
PROGRAM

554-RECYcle
(554-7329)

GRAPEVINE VISITACION VALLEY

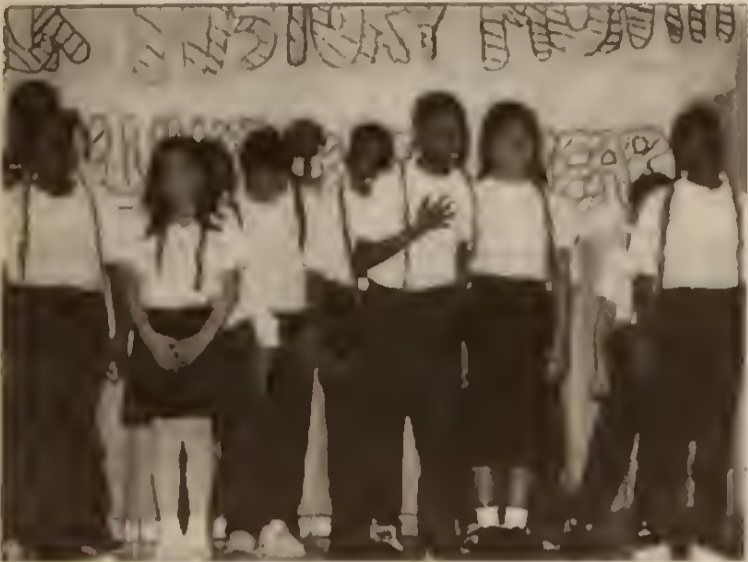
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Celebration of Diversity at VVES

Annual multicultural assemblies held Feb. 6 at Visitacion Valley Elementary School (VVES) and celebrating the *Lunar New Year of the Tiger* and *Black History Month* were so appealing to the audience that three groups performing that day were invited to participate in other City events: Mr. Hunter's 4th graders and Mr. Edward's 3rd grad-

ers performed Feb. 26 at the Bayview Opera House, while Ms. Chin's Chinese fan dancers were invited to dance on stage in Chinatown in March.

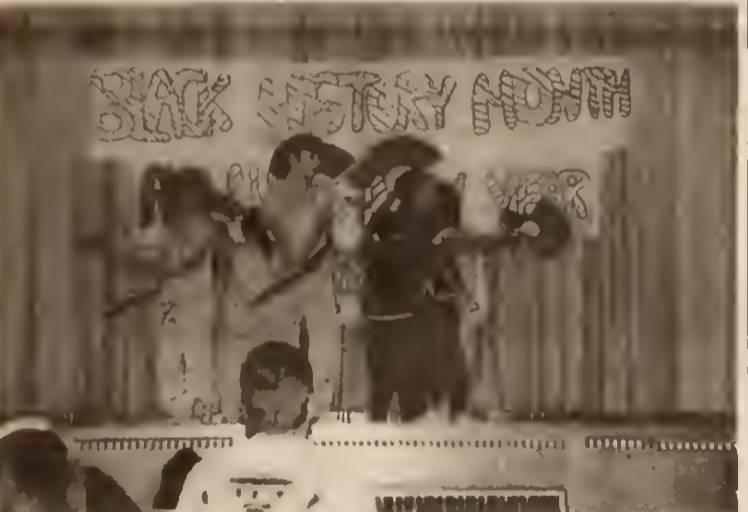
VVES Principal Vincent Chao applauds Mrs. Christie and her committee, as well as all staff and students involved in both celebrations for making them so successful



Torey Dixon and Mr. Hunter's 4th grade class recited "Still I Rise."



Mrs. Jeung and Mrs. Kan's Kindergarten Chinese bilingual class joined Mr. Marshall's Kindergarten in performing the "Mountain Dance."



"And All That Jazz" starring Janues Mackey was rhythmically delivered by Mr. Edwards' 3rd graders.



Ms. Chin's class performed a traditional Chinese fan dance.

Women's Need Center Recruiting Volunteers

The Women's Needs Center, San Francisco's only free women's clinic, is currently recruiting volunteers for a March training. No experience is necessary. You can get comprehensive training and exceptional hands-on experience in the health care field while providing quality, non-judgmental services to low income women.

Volunteers learn medical assisting, laboratory skills, client intake, appointment scheduling and health education.

For many of the volunteers, the skills and insight they develop at the

Women's Needs Center has led to jobs, graduate programs or new interest in health care or service.

To join this all-women workforce, you must be available to volunteer between 9 a.m. and 5 p.m. on weekdays, and be able to commit to nine months of service.

Diversity is a priority at the Women's Needs Center. Women of all colors, sexual orientation, abilities and incomes are encouraged to apply. For more information, call (415) 487-5612.

Moving Beyond Bottles, Cans and Paper in Recycling

by David Assmann
S.F. Recycling Program

Curbside recycling is only one way to help the environment. You may not think of recycling when you throw away a dead battery, repaint a hallway, or change the oil in your car, but all of these activities offer opportunities for recycling. Over the past 10 years, the range of options for reusing and recycling leftover household chemicals and other hazardous materials has expanded tremendously. Used oil, leftover latex paint, dead batteries, and used needles can all be recycled. There are even recycling options for leftover pesticides and cleaners.

Oil is a non-renewable resource that can easily be recycled and reused many times. Oil dumped in the street will cause pollution problems when it gets flushed into the ocean and bay. Used motor oil can be taken to more than 50 locations in San Francisco for recycling, including the following locations: Quality Tune-Up at 4650 Mission St., the Unocal Service Station at 2895 San Bruno Ave., and Portola Auto at 2780 San Bruno Ave. Call 695-7375 for a complete list of oil recycling sites. You'll even receive a small rebate for your used oil.

Whenever you need to use paint, consider using latex (water-based) paint instead of oil-based paint. Oil-based paints contain a high percentage of solvents which contribute to air pollution. You are also exposed to solvent fumes while the paint dries. Extra latex paint may be recycled at any one of the following stores in the City: Cole Hardware (all three locations), Brownie's Hardware, Lakeside Hardware, Papenhausen Hardware, Last's Paint, Goodman's Lumber, Building Resources and Christmas in April.

And, if you're wondering what you can do with dead batteries, there are now more than 36 places that accept batteries for recycling. All batteries contain toxic heavy metals, including zinc, mercury, cadmium, nickel, silver and manganese. In order to make sure these materials don't end up polluting

our environment, take them to one of the following recycling sites:

Rechargeable batteries (labeled as nickel-cadmium) that no longer work can be taken to any one of the 26 Radio Shack stores in the City, Circuit City, any of the three Cole Hardware locations, North Point Camera, Bridge Radio Communications, Auto Symphony, Camera Express, Cal-Marine Electronics, Cameras and More, Top Line Cameras, Stanley's T.V., California Electric Service or Viking Tool Repair. Alkaline batteries can be taken to any of the three Cole Hardware stores, Whole Earth Access, Rainbow Grocery or the Household Hazardous Waste Collection Facility.

Rechargeable batteries last longer and are less expensive than single use alkaline batteries. You can save money too. You'll save \$200 a year by using rechargeable batteries instead of disposables in a single cassette player (based on two hours of listening a day).

Used needles, which can present a hazard if thrown in the trash, can be taken to any Walgreen's Store in the City for recycling. Any other leftover hazardous materials, such as oil-based paint, pesticides and cleaners, can be taken to the San Francisco Household Hazardous Waste Collection Facility. This facility is located just off Highway 101, across from 3Com (Candlestick Park), at the San Francisco Solid Waste Transfer and Recycling Center on Tunnel Avenue. The household facility is open Thursday, Friday and Saturday from 8 a.m. to 4 p.m. Most of the materials brought in will be recycled and there is no charge for disposal. For further information, call Sanitary Fill Company at 330-1400.

The City and County of San Francisco has also set up a special household hazardous waste pick-up program for senior citizens and people who are disabled. To make an appointment for this free service, you can call 1-800-897-3088.

Businesses with leftover hazardous materials should contact a hazardous waste hauler (check the Yellow Pages),

or make an appointment with Sanitary Fill Company's Very Small Quantity Generator Program (VSQG) for disposal. The VSQG program has been set up as a cost-effective disposal alternative for businesses that generate less than 27 gallons of hazardous waste each month. For information about VSQG appointments, call 330-1425.

The best option for hazardous waste, however, is to reduce the amount of hazardous materials you use in the first place. For free publications and information about hazardous waste reduction, call the Hazardous Waste hotline at 554-4333. You can also access information about hazardous waste at <http://www.sfhazwaste.org>.

Reminiscence, Memories and Yesteryear

The Little Hollywood Committee (LHC) is attempting to compile a short history of its community. Some of the houses in the neighborhood were built in the 1920s and there are some residents having lived in Little Hollywood for more than 50 years.

Neighborhood history leads to community pride. If YOU have any short stories or photographs of the Little Hollywood neighborhood as it was being developed and would like to see them preserved for future generations, please contact the LHC. The Visitacion Valley Grapevine will print these stories and photos as space is available.

Share these memories with your neighbors and friends. Photographs will be scanned by computer and returned within a few days.

Write or call: Little Hollywood Committee c/o Ralph Oroquieta, 460 Peninsula Ave., San Francisco, CA 94134. Phone/Fax (415) 467-1184.



SORE FEET?



PORTOLA FOOT & ANKLE CLINIC

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Convenient Neighborhood Location

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San Francisco, CA 94134



Dr. Patel is specialized in the treatment of all foot and ankle problems, including:

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- * Bunions / Hammertoes
- * Painful Heels / Arches
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- * Diabetic Feet / Ulcers
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Tax Changes for 1997 Income Affecting Most Taxpayers

As tax season rolls around, the Internal Revenue Service wants to remind people about tax law changes that could affect their 1997 tax returns. Some are new, and some are tax laws Congress enacted a year ago that are just now taking effect. Here's a quick look at those that could change the bottom line of most people's tax returns.

For 1997, personal exemptions are worth \$2,650. People who don't itemize deductions get an increased standard deduction of \$4,150 for singles, \$6,900 for married couples filing joint returns or qualifying widow(er)s, \$6,050 for heads of households and \$3,450 for married couples filing separate returns.

The earned income tax credit is now as much as \$3,656 for people with more than one qualifying child. For those with one qualifying child, it's as much as \$2,210. And it's up to \$332 for those with no children. The amount people can earn and still be eligible for the credit increases to \$29,290 for those with more than one qualifying child, \$25,760 for those with one child and \$9,770 with no children. And for people thinking about filing for the EITC when they know they aren't eligible—beware! False EITC claims could hurt people from the credit for up to 10 years.

Selling a home? The once-in-a-lifetime exclusion of \$125,000 of gain for people age 55 or older and the rollover of sales proceeds into a new home were replaced during 1997. People of any age can now exclude up to \$250,000 of gain (\$500,000 for married couples filing a joint return) they get on the sale of their home after May 6, 1997. They must live in the home for at least two of the five years before the sale. Every two years, they can do it again.

Also for 1997, people who received accelerated death benefits under a life insurance contract because they were terminally or chronically ill can exclude those payments from their income. Formerly, the law excluded only life insurance payments made on account of the death of the insured. This exclusion also applies to amounts received from death benefits sold or assigned to a viatical settlement provider.

Amounts people get from qualified long-term care insurance contracts can usually be excluded from income as well. And insurance premiums are deductible as a medical expense up to certain limits, which depend on the taxpayer's age.

Some people can contribute to medical savings accounts. They can use the money tax free to pay medical expenses that their high-deductible health insurance doesn't cover or reimburse. Also, the 10 percent early withdrawal penalty on individual retirement arrangements won't apply to amounts used to pay for unreimbursed medical expenses that are more than 7½ percent of adjusted gross income.

Keep in mind that with each of these medical changes, some limits, exceptions or eligibility requirements may apply.

Adopting a U.S. citizen or resident child? For 1997, a person may be able to claim a tax credit for qualifying adoption expenses. It can be as much as \$5,000 for each child, or \$6,000 for a child with special needs. The credit reduces tax liability. Or if an employer has an adoption assistance program and pays part of the qualifying expenses, the employee can exclude up to this same amount from gross income.

The health insurance deduction for self-employed persons rose to 40 percent in 1997, and increases to 45 percent for 1998. A revised Schedule D will take taxpayers step-by-step through the new, lower tax rates on capital gains.

What should businesses look for in 1997 changes? They can deduct the costs of adoption assistance programs they provide for their employees and deduct contributions to employees' medical savings accounts. Of course, certain limits or other requirements may apply.

Businesses with group health plans are subject to an excise tax if their plans do not meet the new accessibility, portability and renewability requirements. The tax is \$100 a day for each beneficiary during the time in which the plan does not meet the requirements. These requirements limit the circumstances under which plans

can deny coverage for pre-existing conditions, bar group health plans from using people's health status to exclude them from coverage, and guarantee continued health coverage to an employer under a multi-employer plan. The tax is effective for plan years beginning after June 30, 1997, and some exceptions apply.

The maximum amount of 1997 wages subject to the Social Security tax was \$65,400. There is no limit to the amount of wages subject to the Medicare tax. The total cost of Section 179 property that businesses can deduct increased to \$18,000 for 1997. And the exclusion for employer-provided educational assistance—which applies only to undergraduate level study—was extended from June 1997 through May 2000.

Businesses that were to begin making tax deposits electronically after June 1997 now have until July 1998 to do so. But they shouldn't wait until the last minute to enroll in the Electronic Federal Tax Payment System (EFTPS). The enrollment process normally takes several weeks. Once businesses sign up, they don't have to make trips to their financial institutions to deposit their FTD coupons and checks. To use EFTPS, all it takes is a telephone call or a personal computer—push a few buttons, and it's done.

Here's one last reminder for all taxpayers. People who owe should pay their taxes in full to avoid penalty and interest charges. But those who can't afford to pay all at once should at least file their returns on time, and either attach an installment payment request—Form 9465 may be used—or contact the IRS to discuss payment options or offers to settle their tax accounts for less than the amount owed.

Want more information on tax changes? Call 1-800-829-3676 and get Publication 553, Highlights of 1997 Tax Changes. For online tax information, forms and publications, check out the IRS on the Internet at www.irs.ustreas.gov. Got a fax machine, but not a computer? Dial (703) 368-9694 from the fax machine to request the most commonly used forms, many of the instruction sheets and the TeleTax topics. Details on using this TaxFax service are in the tax instruction booklets.

Tax Credit for Some Workers

The Earned Income Tax Credit (EITC) can add to the income of some workers. Here's how.

The EITC reduces the tax some workers owe and may give them refunds even if they don't owe any tax. It could be worth a few dollars or as much as \$3,656.

Even people who have never filed a tax return before, and who don't earn enough income to file one this year, could get the credit. "For those who qualify," the IRS says, "all it takes is a tax return to get their EITC refund."

The credit is based on income and the number of qualifying children the workers have living with them in the United States for more than half the year, or for the whole year if they have foster children. Workers who do not have a qualifying child may also get a credit of up to \$332.

Those who are in the U.S. military on extended active duty outside the United States are considered to live in the United States during that duty period and may be able to get the EITC as long as they meet all the other rules. However, workers who are nonresident aliens for any part of the year cannot claim the credit unless they are married to a U.S. citizen or resident and choose to be treated as a resident alien for the entire year.

All workers must have earned income from wages or self-employment. Their income must be less than \$29,290 if they had two or more qualifying children, less than \$25,760 if they had only one qualifying child. A worker without a qualifying child must earn less than \$9,770, be at least age 25 and under 65, not be eligible to be a dependent and must have a main home in the United States for more than half the year. No one with more than \$2,250 in investment income, such as interest or dividends, may claim the EITC.

"Working families may be able to get extra money in their pockets now," the IRS says. Those who will earn less

than the 1998 income limits and have at least one qualifying child may get part of their EITC added to their paychecks. Details are on Form W-5, "Earned Income Credit Advance Payment Certificate," which they must give to their employers. Based on the employee's earnings, the employer adds a certain amount of money, which is actually part of the EITC, to the employee's pay.

This advance EITC option gives a worker some additional money throughout the year, rather than getting it all in a lump sum after filing the tax return. "However," the IRS says, "people who get the advance EITC payments, and later find out they no longer qualify, will have to pay back any advance payments when they file their tax returns." These workers must give their employers a new Form W-5 to stop the payments once they realize they no longer qualify.

Workers should be careful to use the correct Social Security numbers when filling out tax forms and schedules. "If they don't," the IRS says, "their tax returns and any refunds due may be delayed while their return is being corrected."

And anyone who fraudulently claims the EITC won't get it for the next 10 years. This is a result of the Taxpayer Relief Act of 1997. The Act also prevents people who recklessly or intentionally disregard EITC rules and regulations from getting the credit for two years. People who are denied the credit as a result of deficiency procedures can't get it at all unless they provide evidence of eligibility to claim the credit in future years. And paid preparers who fail to use due diligence on EITC returns may have to pay a \$100 penalty per return.

Beginning in 1998, the Act modifies the adjusted gross income (AGI) used to phase out the EITC. People will add to their AGI tax-exempt interest, nontaxable distributions from pensions and IRAs, and 75 percent of net losses from businesses (up from 50 percent).

For more information on the EITC, call the IRS at 1-800-829-3676 and ask for Publication 596.

Check Your Tax Returns For Common Errors

A surefire way to slow a tax refund or to get a notice from the Internal Revenue Service is to be careless when filling out a tax return. It's worth taking a few extra minutes to look over the return before sending it on its way.

Mistakes on an income tax return can slow processing while the IRS makes corrections or writes to ask for missing items. People expecting refunds will have to wait until the mistakes get ironed out. And many of the more common errors could easily be eliminated if people took the time to double check their returns.

People should look at each line to be sure that the right information is on the right line. Go over the math to avoid mistakes in figuring total income, taxable income, balance due or refund amounts. Correctly write names and Social Security numbers on each form and schedule. Also check the address. Make changes directly on the label.

Many people make the mistake of using a tax amount from the wrong column in the tax table, or they forget to sign and date the return. On a joint return both husband and wife must sign and date it.

For those rushing to meet the tax deadline on April 15 at midnight, put the correct postage on the envelope before dropping it in the mail.

One last reminder. People can file electronically from a personal computer or through a tax professional. The error rate of electronic returns is less than 1 percent. This means people who use an electronic filing option are much less likely to get a notice from the IRS because of mistakes typically associated with paper filing. IRS computers automatically check for errors or missing information before accepting electronic returns. And the IRS sends an acknowledgement when it accepts the return.

So when it comes to your tax return, check it out, then send it on.

Taxes at Age 55 Plus

For older Americans, some legislative changes may affect their tax planning, and some tax benefits are still available. Here's the scoop.

New law has replaced the once-in-

a-lifetime tax break when people age 55 or older sell their personal residence. Under the old law, they could qualify for an exclusion of up to \$125,000 of gain on a home sale. And they still can, if they sold their home before May 7, 1997.

The Taxpayer Relief Act, signed into law on August 5, 1997, allows people regardless of age to exclude up to \$250,000 of gain (\$500,000 on a joint return) from the sale of a personal residence after May 6, 1997. Unlike the one-time exclusion, this one is allowed once every two years, but only if the person used the home as a principal residence for at least two out of the five years before the sale. People age 55 or older who sold their homes after May 6 and before August 6, 1997, may choose either exclusion.

The Act also makes available a new individual retirement arrangement (IRA) starting in 1998. This new "Roth IRA" features nondeductible contributions, with tax-free distributions if they begin at least five years after the initial contribution and the taxpayer is at least age 59½, or disabled, or a beneficiary, or the proceeds are used for a first-time home purchase. People can contribute after they reach age 70½, and they don't have to make mandatory withdrawals.

One benefit that is still around for older people is Tax Counseling for the Elderly (TCE). It's available to people age 60 or older who need help with their tax returns. Through TCE, volunteers from many organizations provide free tax information and guidance. Local IRS offices have information on locations.

Seniors age 65 or older may not have to file a tax return if their income is less than a certain amount. For 1997, that amount for single seniors is \$7,800. The limit for a married couple filing a joint return is \$13,000 if only one spouse is 65, and \$13,800 if both are 65 or older. For a qualifying widow(er) with a dependent child, the amount is \$10,350. And for a senior head of household, it's \$9,700.

Those who don't itemize deductions get a higher standard deduction when they reach 65. And those who are blind get an extra added amount.

Seniors or people with disabilities may qualify for the credit for the elderly.

See Page 5



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Tax Changes

From Page 4

erly or the disabled. This credit is based on age, income and filing status, and can reduce the amount of taxes owed. Those under 65 could be eligible if they retire with total and permanent disability and have income from their employer because of that disability.

The IRS considers persons to be age 65 on the day before their 65th birthday. So to the IRS, those born on January 1, 1933, are age 65 on December 31, 1997, and can claim tax benefits related to that age on their 1997 returns.

For more information, get Publication 554, Older Americans' Tax Guide, and Publication 910, Guide to Free Tax Services. Call 1-800-829-3676.

Child Tax Credit for 1998

The Taxpayer Relief Act of 1997 creates a new credit for people with children. Although not available for 1997 tax returns, some people can count on a child tax credit of \$400 in 1998 (\$500 in following years) for each of their qualifying children under age 17. This credit is reduced by \$50 for every \$1,000 of adjusted gross income above certain thresholds. To get the credit, the name and Social Security number of each qualifying child must be on the tax return.

Health Insurance Deduction for Self-Employed

People who are self-employed can deduct health insurance expenses for themselves, their spouses and dependents. The deduction amount is 40 percent in 1997. Under new law, the rate for the 1998 and 1999 deduction amount is 45 percent. It's 50 percent in 2000 and 2001, and eventually increases to 100 percent by the year 2007 and thereafter.

News for Employers

Every quarter, employers get a newsletter from the Social Security Administration and the Internal Revenue Service in their Form 941 employment tax package. This newsletter, the SSA/IRS Reporter, contains the latest information they need to know about Social Security and employment tax issues that affect them. Look for it in the mail with the next Form 941.

Tax Tips for Small Businesses

Keeping a small business running smoothly is no easy job—especially when it comes to taxes. The IRS has some free tax information to help small business owners and sole proprietors tackle their tax obligations.

Publication 334 provides general information for sole proprietors who file Schedule C or C-EZ. Publication 1518 is a 12-month wall calendar for small businesses that provides tax tips ranging from starting a business to planning for retirement. It also shows tax due dates each month, lists free tax publications, and describes ways to get tax and business information from the IRS and other agencies. Call 1-800-829-3676 for these and other free publications and forms.

Choosing a Tax Preparer

Searching for an income tax preparer that suits a person's particular needs can be quite a task. To help make the best choice, people should ask themselves these questions: How complicated is my tax situation? Do I know others who have gone to the preparer and can tell me about the preparer's service? Does the preparer offer the electronic filing and payment options I want? Will the preparer be there later in the year, or in a year or two, to answer questions on my return? The answers to these questions will help in the search.

No Refund Yet?

People expecting a refund, but who haven't paid certain bills, may find themselves waiting quite a while. Federal law allows income tax refunds to be taken to pay off all or part of past-due child and spousal support, delinquent student loans, income tax or other federal debts. The IRS will let people know if their refund was used to pay back what they owe.

Check Mail to the IRS

Before dropping it in the mailbox, always check mail to the IRS for enough postage and complete addresses — both the return address and IRS office. Otherwise, the mail could get lost or delayed, and that could cause penalties, interest and frustration.

Moved Lately?

People who have recently moved should let the IRS know. If the IRS doesn't have the current address, then a tax refund or any letters about past returns may never get to the new address. Send Form 8822 right away. Don't let a refund get lost or returned to the IRS.

Using Label and Envelope a Good Idea

Want to shorten the time it takes to process a tax return? How about reducing the chance of misrouted mail or refunds because of hard-to-read handwriting? When mailing a federal tax return, use the peel-off label and envelope that comes inside the tax booklet. It's a good idea.

Free Tax Guides

The IRS has free publications to help people fill out their tax returns. Call 1-800-829-3676 to get any of the following publications, or check them out on the Internet at www.irs.ustreas.gov.

Publication 17, Your Federal Income Tax (For Individuals)

Publication 225, Farmer's Tax Guide

Publication 334, Tax Guide for Small Business (For Individuals Who Use Schedule C or C-EZ)

Publication 595, Tax Highlights for Commercial Fishermen

Report Those Tips

Restaurant workers, baggage carriers and others who get tips of \$20 or more a month while working for one employer must report the tips to the employer. Employers must withhold federal income, Social Security and Medicare taxes on those tips. Then employers report the withholding to the IRS. For a brief overview, call 1-800-829-3676 and ask for Tips on Tips (Publication 1872 for employees or 1875 for employers). Or to get all the details, ask for Publication 15, Circular E, Employer's Tax Guide.

Missing a W-2?

Employees should get a Form W-2 from each employer by January 31. If they don't get it shortly after that, they should ask the employer for one. If there is still no W-2 by February 15, call the IRS for help at 1-800-829-1040.

Crossword Solution

From Page 6

TO DROP VS
AIR SEPSIS
MODE HOT
EAGER
PETER
SAPANEER
PAPERK HAP
OMAN BIRD
E1 TE

Higher Tax Deduction For Some Incomes

Starting in 1998, the Taxpayer Relief Act raises the standard deduction for people who can be claimed as a dependent by another. For 1997, this amount was the greater of \$650 or the person's earned income, but not over \$4,150. For future years, it will be the greater of \$650 (adjusted for inflation) or the person's earned income plus \$250, up to the regular standard deduction for a single person. This change will relieve many working dependents with under \$250 of investment income of the need to file a tax return or to have any tax withheld from their pay.

SAN FRANCISCO HOUSEHOLD HAZARDOUS WASTE COLLECTION FACILITY

Quarterly Meetings Begin to Discuss Operations

Recent changes to California's hazardous waste regulations requires that the City and County of San Francisco become the legal operator of the San Francisco Household Hazardous Waste Collection Facility. Sanitary Fill Company is the facility owner and contractor. To meet regulatory requirements and assure safe operation of the facility, the City developed a Facility Operations Plan incorporating the following requirements:

Reporting Requirements

The most common materials received at the Household Hazardous Waste Collection Facility are leftover paints, used oil, solvents and adhesives. As these are consolidated into drums, a small amount evaporates as volatile organic compounds (VOC). At the request of the community, the City agreed to limit the amount of VOC emissions at the facility to less than 5 pounds per day on household waste collection days, which occur three days per week. VOC's are also limited to 9 pounds per day on business waste collection days, which only occur once per month.

The City will publish VOC emission information every three months. In addition, we will report on the number of people who use the facility, the amount of waste accepted, and the location of the next City/Community/Norcal meeting. Summaries of these meetings will be published in the Grapevine and posted for review at the Visitacion Valley Public Library, and Community Center for more information, please call Kelley Elherington, HHW Program Manager for the City and County of San Francisco, at (415) 554-1648.

Household Hazardous Waste Days

Days of Operation: Thursday-Saturday of Every Week

Average Emissions: 1.7 pounds/operating day

Highest Emissions: 2.8 pounds

Number of Participants: 2,988

Small Business Drop Oil Days

Days of Operation: Last Wednesday of Every Month

Average Emissions: 7.2 pounds/operating day

Highest Emissions: 9.0 pounds

Number of Participants: 151

General Facility Information

Total Amount of Waste Collected: 223,057 pounds

Summary of Additional Provisions to Operations Plan:

- *Limits operating days and hours of facility;
- *Requires City to coordinate meetings with Little Hollywood and Norcal;
- *Requires barriers to front of facility roll-up

Taxes Made Easier

People may find it easier to prepare their federal income tax returns if they remember this rule of thumb: keep track of all pertinent records throughout the year. Start now with a copy of this year's return. Add to that any canceled checks, receipts and records that will help when filing next year's return. Keeping income and expense records in good order can save hours.

Name Changes Should be Reported

People whose names change for any reason, such as marriage or divorce, should notify the Social Security Administration (SSA). Names and Social Security numbers on tax returns must match those SSA has on record, or there can be delays in getting federal income tax refunds.

Visitacion Valley Grapevine is on the Internet along with Task Force updates and Merchants Association listings. Find it at: <http://home.earthlink.net/~visvalley>

doors to prevent cars from entering building;
*Requires City to actively look for alternative HHW services;

*Requires City to continue advertising the explosives, radioactives, reactives and compressed gas cylinders are unacceptable wastes;

*Requires facility to continue to reusing and recycling as much HHW as possible;

*Requires City to confirm unknown waste analyses by sending samples to a City lab;

*Requires facility to establish an internship program for local students.

Summary of the First Quarterly Community Meeting held on January 21, 1998

This was the first community meeting for the household Hazardous Waste Collection Facility since the City became the legal operator.

PRESENT:

Representatives from the City and County of San Francisco, the City of Brisbane, residents of Little Hollywood and Sanitary Fill Company.

WHAT DO I WANT FROM THIS MEETING?

Each person states what they want out of these quarterly meetings. The responses included:

*To comply with the new agreement between the City and Sanitary Fill Company which states that the City will facilitate quarterly meetings between Norcal and Little Hollywood residents

*To listen to ideas to improve operations

**To ensure that Sanitary Fill is running the facility as safely as possible

*To possibly continue work with the Local Assessment Committee. Establish better relationships with Norcal and the City.

*To ensure that that happens at the facility is in regulatory compliance.

*Hopes folks can work together to create good faith in the neighborhood.

*To get a better understanding of the issues.

*To receive and share information with the community.

WHO SHOULD BE INVITED TO THESE MEETINGS?

The following agencies and individuals were suggested:

*San Francisco Planning Dept.

Brisbane Planning Dept.

*People from the old Local Assessment Committee

*Brisbane Council Members

*City Manager of Brisbane

*Appropriate Norcal and Sanitary Fill Company representatives

*The City's Hazardous Waste Management Program

*Little Hollywood Association members

*Advertise meeting in the local papers.

Community representatives want this meeting to be a public one. If community wants to discuss issues not related to the HHW facility

(e.g.: dust, odor, traffic), Sanitary Fill Co. prefers to have a separate meeting to discuss site issues unrelated to the hazardous waste facility.

WHAT ELSE SHOULD BE INCLUDED IN THE QUARTERLY HHWCF REPORT?

Community members requested that additional information be included in the quarterly HHWCF report:

*Violations of State or County Ordinances, laws and regulations,

*Releases from the HHWCF.

COMMUNITY EMERGENCY COORDINATORS

*The City and Sanitary Fill would like to recruit community members to go to facility trainings and understand emergency procedures. We discussed knocking on doors of Little Hollywood residents to get volunteers.

*Community wants a system in place in the event of a major emergency (e.g.: fire); notification procedures to residents were discussed, but need further discussion;

*Community wants to know the synergistic effects of emissions from the site.

*It was decided that it would be helpful to invite NERT people to discuss how a community organizes to prepare for a major incident at the HHWCF.

Clarification: The facility did not expand 2.5 times more than the 1995 levels. The facility is allowed to consolidate that much waste, but is currently only consolidating about one-third that amount.

NEIGHBORHOOD EMERGENCY RESPONSE TRAINING (NERT)

Ralph Oroquita suggested calling Julie Kavanagh of the Visitacion Valley Community Center to arrange a community NERT training specific to facility operations and emergencies.

COMMUNITY OUTREACH

The City will be publishing these articles one per quarter in the Grapevine and other newspapers, and also placing notices in the Visitacion Valley Library and Community Center summarizing operations at the facility

MEETING FREQUENCY

*Quarterly meetings, held in the evening.

*Next meeting: April 22, 1998 at 7:00. Location: TBA (will be published in April's Grapevine).

PROPOSED AGENDA TOPICS

*Police from the Williams Avenue Station to discuss how emergency notification will happen.

*NERT people for emergency response.

Written by Kelley Elherington, Household Hazardous Waste Program Manager for the City and County of San Francisco (415) 554-1648.

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Historic Proportions

Match clues to answers
1951

- 1 He was fired by the president on Apr. 11.
- 2 World Series champions
- 3 First of these opened on Feb. 25
- 4 These containers became a household word
- 5 He began to torment the funny papers
- 6 On May 26, he became an icon for inquisitive youth.
- 7 They became champions of the NBA
- 8 Happy Trails started on Dec. 30
- 9 She was singing *Come On-a My House*
- 10 On Oct. 15, they were neighbors in New York
- 11 It was dedicated on June 14
- 12 Synthetic introduced on Mar. 21
- 13 On Mar. 18, he signs a 30-year contract
- 14 They took the NFL crown

- 15 Best Picture at the Academy Awards on Mar. 29
- 16 On Oct. 25, he returned to power in Britain.
- 17 Most Outstanding Personality at the Emmy Awards on Jan. 23.
- 18 Baseball's smallest player went to hat on Aug. 19.
- A Groucho Marx
- B. All About Eve
- C. Dacron
- D. UNIVAC
- E. Rosemary Clooney
- F. Milton Berle
- G. Los Angeles Rams
- H. Winston Churchill
- I. Love Lucy
- J. Roy Rogers Show
- K. Eddie Gaedel
- L. Dennis the Menace
- M. Tupperware
- N. Gen. Douglas MacArthur
- O. Pan American Games
- P. New York Yankees
- Q. Rochester Royals
- R. Mr. Wizard

Answers: 1-N, 2-P, 3-O, 4-M, 5-L, 6-R, 7-Q, 8-J, 9-E, 10-I, 11-D, 12-C, 13-F, 14-G, 15-B, 16-H, 17-A, 18-K

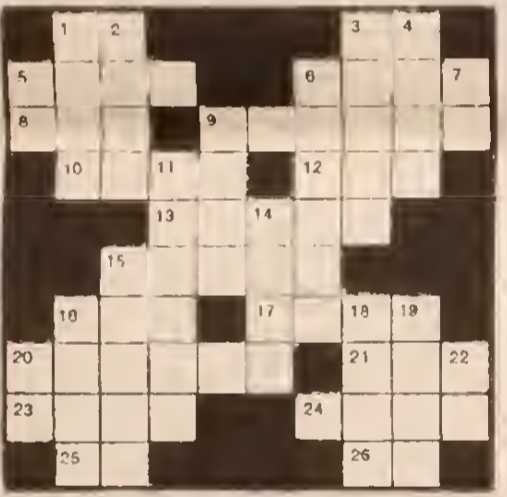
This Month in S.F. History

- MARCH 11
- 1 In 1859, the Seal of the City of San Francisco was adopted
 - 3 In 1950, the old Third St. Bridge at Islas Creek, having been redesigned into a six-lane roller bearing span, was reopened
 - 4 In 1934, the Easter Cross in Mt. Davidson - for many years site of annual sunrise services - was dedicated
 - 14 In 1870, following debates and compromises between city government, land owners and squatters, legislation was finally passed reserving land for Golden Gate Park
 - In 1896, Adolph Sutro - then S.F. mayor - reopened his world famous Sutro Baths
 - 18 In 1849, a pre-gold rush census taken of San Francisco's white population listed 375 males, 177 females and 60 children of school age. In 1850, city government declared all land titles or sales illegal unless approved by the Town Council or an elected

- alcalde
- 22 In 1957, following two higher tremors, a 5.3 earthquake shook the Bay Area at 11:45 a.m.
 - In 1963, the last prisoners were removed from Alcatraz, a federal penitentiary for nearly three decades
 - 26 In 1851, titles to all lots located below a high water mark within S.F. city limits were relinquished by state legislation. In 1855, Washington St. between Dupont (Grant Ave.) and Kearny Sts. became one of S.F.'s first paved streets
 - 28 In 1853, the lighthouse on Alcatraz - one of several under construction at various locations - was completed
 - 29 In 1856, the English clipper ship *Florence Nightingale* set a new record of 121 days from London to San Francisco
 - 30 In 1854, the new U.S. Branch Mint - a three-story structure on Commercial St. - was completed for \$296,000
 - 31 In 1976, the city workers crippled S.F. with a general strike lasting 39 days

Grapevine Crossword

- ACROSS
- 1 Six points
 - 3 Against
 - 5 Cut
 - 6 Residue
 - 8 Oxygen
 - 9 Poisoned
 - 10 Style
 - 12 Fiery
 - 13 Anxious
 - 15 Diminish
 - 16 Undermine
 - 17 Obligation
 - 20 Documents
 - 21 Outline
 - 22 Country
 - 24 Wren
 - 25 Hand
 - 26 Tight End
- DOWN
- 1 Cut
 - 2 Stella
 - 3 Eyeshade
 - 4 Gash
 - 7 Test
 - 9 Chair
 - 11 Enhance
 - 14 Clan
 - 15 Pontifical
 - 16 Simulacrum
 - 18 Vent
 - 19 Risk
 - 20 River
 - 22 Police
 - 24 Dept.



FIVE YEARS AGO IN THE GRAPEVINE

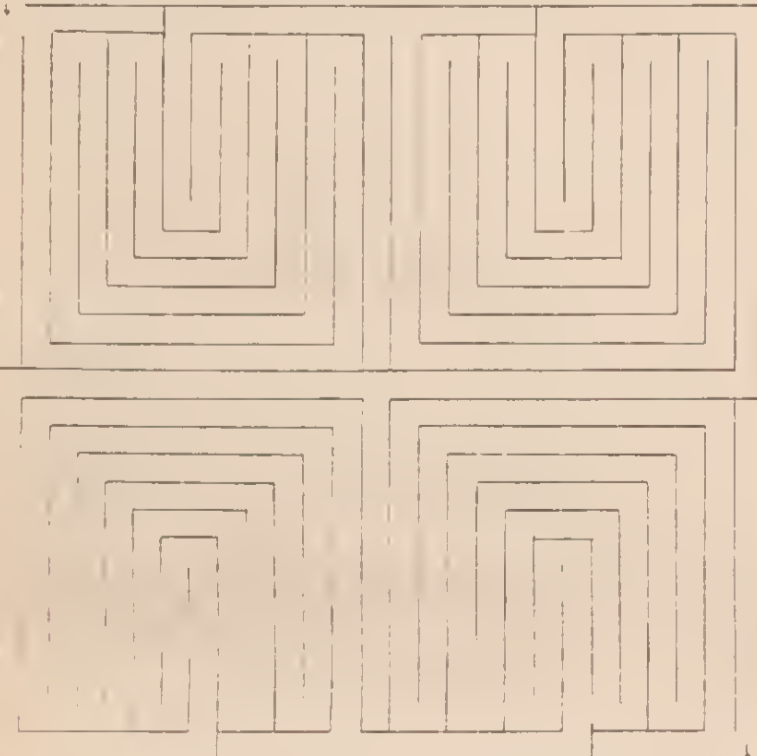
MARCH 1993

- *Visitation Valley Community Center began making preparations to celebrate its 75th anniversary on Mar. 14
- *A study was commenced to explore the feasibility of putting a light rail line into the Bayshore Corridor, returning streetcars to Third Street for the first

time since Sept. 12, 1941

- *An unusually wet winter slowed the process of converting the former Maxicare complex at 141 Leland Ave. into Hospice by the Bay's *Leland Avenue Residence*
- *Michael Teng became Visitation Valley Elementary School's Spelling Bee champion
- *Musical guests *Blues Fuse* provided the entertainment at Our Lady of Visitation's *Reach Out and Touch* dinner and dance on Mar. 20

Minute Maze



Grapevine Puzzler

HUBBARD SOIAT TRIERA EREHTAEWRIA FGB
UHYTEAWITFRRLIEITWBL LIHC RUHCNIRL
MAHATASOI OYUIEDROFFOOTSAEBTRMOAA
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ECSOVASLAHONYESDRGMWEENG NVLEBAKA
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HRHTLOINBIETDNAAARNEHNZVKNOLEKDNU
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HTNRA CEWAYRROTREKAROF LONGSPEAKEP
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McKinley
Logan
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St. Elias
Popocatepetl
Foraker
Iztacchuatl
Lucania
King
Steele
Bona
Blackburn
Kennedy
Sanford
South Buttress
Wood

Vancouver
Churchill
Fairweather
Zinacantan
Hubbard
Bear
Walsh
East Buttress
Matlalcueytl
Hunter
Alverstone
Browne Tower
Whitney
Elbert
Massive

Harvard
Rainer
Williamson
Blanca Peak
La Plata
Uncompahgre
Crestone
Lincoln
Greys Peak
Antero
Torres
Castle
Quandary
Evans
Longs Peak
McArthur

Wilson
White
North Palisade
Shavano
Belford
Princeton
Crestone Needle
Yale
Bross
Kit Carson
Wrangell
Shasta
Sill
El Diente
Maroon

Tabagache
Offord
Sneffels
Point Success
Democrat
Capitol
Liberty Cap
Pikes Peak
Snowmass
Windom
Russell
Eolus
Columbia
Augusta
Missouri
Humboldt



Soz Who?

Match quotes to speakers

- 1 "An editor is someone who separates the wheat from the chaff and then prints the chaff"
- 2 "Grown up, and that is a terribly hard thing to do. It is much easier to skip it and go from one childhood to another"
- 3 "It is well known what a middleman is: he is a man who bamboozles one party and plunders the other."
- 4 "Early to bed, early to rise, work like hell and organize"
- 5 "Since people are going to be living longer and getting older, they'll just have to learn to be babies longer"
- 6 "If you attack the establishment long enough and hard enough, they will make you a part of it"
- 7 Only dull people are brilliant at breakfast"

- 8 "I'm not confused, I'm just well-mixed"
 - 9 "We estimate the wisdom of nations by seeing what they did with their surplus capital"
- A Benjamin Disraeli
B. Oscar Wilde
C. Art Buchwald
D. Andy Warhol
E. Adlai Stevenson
F. Robert Frost
G. F. Scott Fitzgerald
H. Ralph Waldo Emerson
I. Vice President Al Gore

Answers: 1-E, 2-G, 3-A, 4-I, 5-D, 6-C, 7-B, 8-F, 9-H

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Campaign Kick-Off

Supervisor Tom Amunio will begin his campaign for re-election to the Board with a *Kickoff* event on Mar. 31. Volunteers wishing to assist the campaign on the phone or in mailings can call 665-5417

Recipe of the Month

KETTLE GOULASH

4 tbsp. bacon fat; 5 large onions, coarsely chopped; 2 large green peppers, chopped; 3 garlic cloves, minced; 1-1/2 tbsp. Hungarian paprika; 3 pounds stewing beef in 1" cubes; pepper, salt; 6 oz. tomato paste; sour cream (room temperature)

Preheat oven to 325 degrees.

Heat fat in a deep heavy pot. Cook onions, peppers, and garlic until the onions are limp and transparent. Add paprika to taste. Add beef and remaining ingredients except sour cream. Stir well to combine. Simmer in preheated oven for 1 1/2 to 2 hours or until the meat is tender. Adjust oven temperature during cooking time so contents of pot remain at a simmer. Serve in shallow soup bowls with a tablespoon of sour cream atop each serving

Famous Birthdays

MARCH

- 1 Harry Belafonte (1927), Dirk Benedict (1945), Frederic Chopin (1809), Robert Clay (1926), Robert Conrad (1935), Roger Daltrey (1944), Tim Daly (1958), Ron Howard (1954), Glen Miller (1904), Abraham Minsky (1881), Davin Niven (1910), Pete Rozelle (1926), Dmiah Shore (1917), Alan Thicke (1947)
- 2 Desi Arnaz (1917), Jack Barry (1918), Edgar Buchanan (1903), DeWitt Clinton (1769), Mark Evans (1956), Mikhail Gorbachev (1931), John Irving (1942), Sam Houston (1793), Jennifer Jones (1919), Hal Linden (1931), Eddie Money (1949), Lou Reed (1943), Al Waxman (1934)
- 3 Alexander Graham Bell (1847), Jean Harlow (1911), Jackie Joyner Kersee (1962), Tim Kazunsky (1950), Ray Milland (1908), Lynn Redgrave (1943), Bobby Fischer (1943), Paula Prentiss (1939), Clint Rea (1951), Shakin' Stevens (1948), Antonio Vivaldi (1678), Bobby Womack (1944)
- 5 Eddie Grant (1948), Rex Harrison (1908), Dean Stockwell (1936), Marilyn Warfield (1955), Michael Warren (1946)
- 6 Tom Arnold (1959), Marion Barry (1936), Lou Costello (1908), Kiki Dee (1947), Lenny Grove (1900), Ed McMahon (1923), Ben Murphy (1942), Shaquille O'Neal (1972), Rob Reiner (1945), Mary Wilson (1944)
- 7 Tammy Faye Bakker (1942), Cynthia Burbank (1949), Matthew Fisher (1946), John Heartli (1945), Willard Scott (1934), Daniel J. Travanti (1940), Peter Wolf (1946)
- 8 Mike Allsup (1947), Cheryl Baker (1954), Cyd Charisse (1922), Susan Clark (1940), Mickey Dolenz (1940), Alan Hale, Jr. (1918), Gary Numan (1958), Lynn Redgrave (1943)
- 9 Carl Beitz (1920), Trevor Burton (1944), Fred Clark (1919), Eddie Foy (1856), Will Geer (1902), Mickey Gilley (1936), Raul Juha (1940), Emanuel Lewis (1971), Mark Lindsey (1942), Jethro Osbourne (1948), Keely Smith (1935), Mickey Spillane (1918), Robin Trower (1945), Trish Van Devere (1945), Amengio Vespucci (1454)
- 10 Heywood Hale Brown (1918), Ponce Edward (1960), Barry Fitzgerald (1888), Jasmine Guy (1964), Chuck Norris (1940), Tom Scholz (1947), Sharon Stone (1958), Dean Torrence (1940)
- 11 Sam Donaldson (1934), Bobby McFerrin (1950), Rupert Murdoch (1931), Lawrence Welk (1903)
- 12 Barbara Feldon (1941), Al Jarteau (1940), Paul Kantner (1942), Liza Minelli (1946), Wally Schurra (1923), James Taylor (1948)
- 13 Walter Annenberg (1908), Adam Clayton (1960), Dana Delany (1957), Neil Sedaka (1939)
- 14 Les Brown (1912), Michael Carr (1933), Bob Charles (1936), Billy Crystal (1947), Albert Einstein (1879), Meagan Follows (1968), Quincy Jones (1933), Hank Ketchum (1920)
- 15 Terence Trent D'Arby (1962), Ry Cooder (1947), Fabio (1961), Judd Hirsch (1935), Andrew Jackson (1735), Harry James (1916), Phil Lesh (1940), Mike Love (1941), Sly Stone (1944), Jimmy Swaggart (1935)
- 16 Erik Estrada (1949), Isabelle Huppert (1955), Jerry Lewis (1926), James Madison (1751), Kate Nelligan (1951)
- 17 Danny Ange (1959), Patrick Duffy (1949), Florence Friedman (1887), Rob Lowe (1964), Mercedes McCambridge (1918), Kurt Russell (1951), John Sebastian (1944)
- 18 Bonnie Blair (1964), Smiley Burnette (1911), Irene Cara (1959), Kevin Dobson (1943), Grover Cleveland (1837), Peter Graves (1936), John Hayman (1950), Edward Everett Horton (1886), Wilson Pickett (1941), Chailey Pnde (1938), John Updike (1932), Vanessa Williams (1963)
- 19 Ursula Andress (1938), Paul Atkinson (1946), William Jennings Bryan (1860), Glenn Close (1947), Wyatt Earp (1848), Terry Hall (1959), Clarence Henry (1937), Patrick McGeehan (1928), Irving Wallace (1916), Bruce Willis (1955)
- 20 Mayor Willie Brown (1934), Holly Hunter (1958), William Hurt (1950), Spike Lee (1957), Hal Linden (1931), Jerry Reed (1937), Carl Reiner (1922), Pat Riley (1945), Mr. Fred Rogers (1928), 21 Johann Sebastian Bach (1685), Matthew Broderick (1962), James Coco (1929), Timothy Dalton (1946), Cynthia Geary (1966), Gary Oldman (1958), Florenz Ziegfeld (1869)
- 22 George Benson (1943), Jeremy Clyde (1944), Bob Costas (1952), Werner Klemperer (1919), Arlan Lloyd Webber (1948), Karl Malden (1913), Marcel Marceau (1923), Ross Martin (1920), Clinto Marx (1891), Stephanie Mills (1957), Matthew Modine (1959), Keith Relf (1943), Pat Robertson (1936), William Shatner (1931)
- 23 Joan Crawford (1908), Princess Eugenie (1960), Fanny Farmer (1857), Chaka Khan (1953), Ric Ocasek (1949), Amanda Plummer (1957)
- 24 Patti Arbuckle (1887), Robert Carradine (1954), Thomas Dewey (1902), Norman Fell (1924), Harry Houdini (1874), Steve McQueen (1930), Gene Nelson (1920)
- 25 Ed Begley (1901), Johnny Burnette (1934), Howard Cosell (1918), Aretha Franklin (1942), Paul Michael Glaser (1943), Mary Gross (1953), Elton John (1947), Sarah Jessica Parker (1965), Gloria Steinem (1934), John Stockwell (1935), Armo Tosecanini (1867)
- 26 Alan Arkin (1934), James Caan (1940), Bob Elliott (1923), Leera Gibbons (1957), Jennifer Grey (1960), Robert Frost (1874), Duncan Hines (1880), Vicki Lawrence (1944), Strother Martin (1919), Leonard Nimoy (1931), Teddy Pendergrass (1950), Diana Ross (1944), Martin Short (1950), Curtis Shwa (1954), Richard Tandy (1948), Steven Tyler (1948), Tennessee Williams (1911), 27 Manah Carey (1970), Judy Carne (1939), David Janssen (1931), 40, Tomi Sullivan (1947), Sarah Vaughan (1924), Michael York (1942)
- 28 Ken Howard (1944), Reba McEntire (1954), Edmund Muskie (1914), Salt the (1969), Raphael (1983), Dianne Wiest (1948)
- 29 Dead Bailey (1918), Jennifer Capriati (1976), Phil Foster (1914), Hanauer (1963), Eric Idle (1943), Christopher Lambert (1957), Denny McLain (1944), Arthur O'Connell (1908), Marlin Perkins (1902), John Tyles (1906)
- 30 John Astin (1930), Warren Beatty (1937), Tracy Chapman (1964), Eric Clapton (1935), Francisco de Goya (1746), Frankie Laine (1913), Hal Linden (1931), Peter Marshall (1927), Paul Reiser (1957), Vincent van Gogh (1853)
- 31 Rod Allen (1944), Herb Alpert (1935), Richard Chamberlain (1935), Liz Claiborne (1929), William Daniel (1927), Albert Gore (1948), Shirley Jones (1934), Val Kilmer (1959), Ed Mannaro (1950), Henry Morgan (1915), Al Nichol (1946), Rhea Perlman (1948), Mick Ralphs (1944), Christopher Walken (1943), Angus Young (1959)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10	6 p.m. Executive Park Advisory Committee	11	12 noon WCC Senior Painting Classes	13
15	11:30 a.m. WCC Senior Shopping	16	12:30 p.m. Senior Bingo 3:30 p.m. Valley Neighborhood Collaborative	17	18	3 p.m. Beacon Council Meets at Middle School
22	11:30 a.m. WCC Senior Shopping	23	12:30 p.m. Senior Bingo 12:30 p.m. WCC Board Meeting	24	25	9 a.m. USDA Surplus Food Distribution Day at WCC
29	11:30 a.m. WCC Senior Shopping	30	12:30 p.m. Senior Bingo	31	April Fool's Day	1
				11 a.m. WCC Senior Council Meeting 7 p.m. ROSES Meeting	2	12 noon WCC Senior Painting Classes

Domestic Violence Homicide Rate Down

District Attorney Terence Hallinan recently released results of a study showing that domestic violence-related homicides in San Francisco are declining, albeit at a slower pace than the City's overall homicide rate which was the lowest it has been in 30 years.

The study, which examines every solved female homicide case in 1997, is a follow-up to a similar study released last year.

In San Francisco last year, 65 people were murdered, fewer than any year since 1966.

The City's female homicide rate has also been dropping, but at a slower pace

than the male homicide rate. Overall, the percentage of those females who died as a result of family or domestic violence has remained fairly constant at just above half, continually making such intimate relationships the leading cause of female homicides in San Francisco. There has also been a consistent, if slight, reduction in the female homicide rate between 1991 and 1997.

Fifty-five percent of all female homicide cases in San Francisco last year were due to domestic and family violence. Of the 11 female homicide cases solved by the San Francisco Police Department last year, six were due to fam-

ily or domestic violence. Half of these cases involved Latina victims.

Hallinan pointed out in his study that no uniform statewide definition of domestic violence exists. He is asking for a statewide unified method to gather statistics on these crimes.

He also unveiled a five-point plan to continue fighting domestic violence citywide, which includes designating a full-time prosecutor to handle child abuse cases, citing family violence as a leading cause of injury to thousands of children throughout the country.

The District Attorney will also hire a full-time prosecutor to handle elder abuse cases that occur in a domestic violence context, in addition to an elder abuse victim assistance coordinator and three senior peer advocates, to aid elderly individuals who find themselves in domestic violence situations.

Valley Bank Robbed

Bank of America on Leland Avenue was again a target for robbers shortly after noon on Friday, Feb. 28 when a couple wielding a gun fled with an undetermined amount of cash. Police reported that one suspect climbed over the teller's counter to seize money from a drawer during the robbery.

Signatures are Being Gathered for "Citizens' Right to Know" Initiative

Despite one of the wettest winters in memory, neighborhood activists across the City worked within just a few weeks to collect signatures for a *Citizens' Right to Know* initiative sponsored by Supervisor Leland Yee. Signatures were gathered in order to place this public notification on the June ballot. "Public notice is not a new concept," said Joan Girardot, CSFN president. "It is the only means neighbors have to influence their environment."

Neighborhood activists—both from the Coalition for San Francisco Neighborhoods (CSFN), an umbrella group of 38 active neighborhood groups representing every area of the City, and the San Francisco Neighborhood Association (SFNA), a nonaffiliated citywide association with the largest membership, circulated hundreds of petitions in every City neighborhood during the last four weeks. The joint effort from both neighborhood associations was critical to the strength of the petition drive. Other nonaffiliated neighborhood groups and activists circulated petitions as well.

The *Citizens' Right to Know* initiative requires notification of San Francisco residents when a project using City funds will be located in their neighborhood. It requires the sponsoring City agency or department to give public notice to local residents when a project using at least \$50,000 in City funds seeks to operate a facility in their neighborhood. Exemptions for certain types of projects mandated by either state or federal law are included in the initiative (e.g. shelters for abused women).

"The *Citizens' Right to Know* ballot measure is about neighborhood empow-

erment," said Girardot. "It will change the way City Hall does business and improve its sour relationship with San Francisco neighborhoods. Today, that relationship can only be described as one in which City Hall and its planners know everything, but citizens and taxpayers are denied basic facts and information."

In addition to support of both the CSFN and SFNA, the *Citizens' Right to Know* initiative is supported by State Senator Quentin Kopp.

Know the Warning Signs of Stroke

Stroke is the No. 1 cause of serious, long-term disability and the third leading cause of death. Each year about 600,000 Americans have a new or recurrent brain attack and almost 160,000 of them die, says the American Heart Association (AHA).

Know the warning signs of stroke. 1) Sudden weakness or numbness of the face, arm or leg on one side of the body. 2) Sudden dimness or loss of vision, particularly in one eye. 3) Loss of speech, or troubling talking or understanding speech. 4) Sudden, severe headaches with no apparent cause. 5) Unexplained dizziness, unsteadiness or sudden falls.

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Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK

Visitation Valley Merchants Association

Visitation Valley businesses and organizations are listed here free. Call the Grapevine at 467-9300

A. T. & B. MARKET (produce, grocery), 2400 Bayshore Blvd., 586-4851
ABLE'S CASA (boarding house), 850 Rutland St., 333-4664, fax 333-4693
ANGEL COIFFURES (beautician), 5 Leland Ave., 239-9891
ARMANOO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAYSHORE GAS & SERVICE (gas and mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic), 2596 Bayshore Blvd., 239-7450
BAY SHORE VIDEO, 2418 Bayshore Blvd., 333-6288
CHARLIE'S GARAGE (Charlie Awagh), 2550 Bayshore Blvd., 239-7450
CHURCH OF THE VISITACION, 655 Sunnydale Ave., (239-7450)
CITY NAILS (manicunst), 2435 Bayshore Blvd., 333-3865
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
CLIFF'S BARBECUE (barbecue, seafood), 2177 Bayshore Blvd.
COINWASH & DRY LAUNDRY, 186 Leland Ave.
THE CLUB HOUSE, 25 Blanken Ave.
WALTER CORBIN PHOTOGRAPHY, (freelance), 435 Sawyer St., 587-9471, fax 337-8620
COMET TOURS & TRAVEL, 168 Leland Ave., 333-2996
CUNEO BAKERY, 96 Leland Ave., 239-6090
CUPID FLORIST, 36 Leland Ave., 585-7766
DeMASI'S BARBER SHOP, 35 Leland Ave.
EARLY YEARS ACADEMY, 500 Raymond Ave., 333-1450
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FAMILY SUPPORT CENTER, 251 Schwenn St., 469-2120
FIJIYANA MARKET, 400 Wilde St., 467-2034
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
FORTY-NINER CLEANERS (David Chan), 81 Leland Ave., 239-6418
G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
GOING FEDERAL (music, clothing), 170-B Leland Ave., 584-1103
HO'S ORAPERY COMPANY, 3550 San Bruno Ave., 468-4053
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686

JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
KARATE U.S.A., 38 Leland Ave., 469-9886
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
LELAND AVENUE ORY CLEANING, 151 Leland Ave., 586-1412
LELAND HOUSE, 141 Leland Ave., 405-2000
LELAND LAUNDRY WORLD, 44 Leland Ave.
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
LUANFAT BAKERY, 110 Leland Ave., 585-1167
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
M & M SHORTSTOP (grocery), 2145 Geneva Ave., 585-0878
McCALL'S HAIR STYLING, 3585 San Bruno Ave., 467-7319
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
M-3 LOCKSMITH, 200 Leland Ave., 587-8403
NAILS BY JENNY (manicunst), 50 Leland Ave., 333-6800
NATIONWIDE PAPER COMPANY, 345 Schwerin St., 586-9160
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077
OLIVIA'S PLACE (tavern), 2600 Bayshore Blvd., 239-7711
PACIFIC FISH & POULTRY, 2155 Bayshore Blvd., 468-6800
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ROYAL PACIFIC MORTGAGE (financing), 46 Leland Ave., 333-4900
RUSSIA HOUSE (restaurant), 2011 Bayshore Blvd., 467-0252
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
SAM'S OELI & LIQUOR, 25 Leland Ave., 239-7183
SAN ON HERBS, 33-A Leland Ave., 333-7469
SARI-SARI FOOD STORE, 38 Leland Ave., 239-7183
HENRY SCHINDEL (realtor), 239-5850
SCHLAGE LOCK (manufacturer), 2401 Bayshore Blvd., 467-1100
7-119 convenience store, 2200 Bayshore Blvd., 467-1711
SHIREL'S GROCERY & FLOWERS, 1401 Visitation Ave.
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
THE SHOP (J.B., barber), 178 Leland Ave., 239-6709
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

SMITH'S SIGNS, 153 Leland Ave., 333-2700
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9635
TAUTUA MO OE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
TATE ELECTRIC (Joel Tate, electrical contractor), 467-4657
TEDDY'S MARKET, 298 Teddy Ave.
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
THRIFTLOOGE, 2011 Bayshore Blvd., 467-8811
TUNTEX U.S.A. (developer), 150 Executive Park Blvd., 468-6676
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
VALLEY AUTO & TRUCK SUPPLY (Bill Conte, Marc Pullian), 2520 Bayshore Blvd., 239-5880
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VALLEY LAUNDRY, 90 Leland Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
THE VILLAGE (community center), 333 Schwenn St., 239-5045
VISITACION CATHOLICAL CENTER, 796 Sunnydale Ave., 239-6723
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
VISITACION STATION U.S.P.O., 68 Leland Ave., 239-7520
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, D.D.S.), 37 Leland Ave., 239-5500
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
VISITACION VALLEY FAMILY SUPPORT CENTER, 251 Schwenn St., 469-2120
VISITACION VALLEY GRAPEVINE, 50 Raymond Ave., 467-9300, fax 467-3757
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St., 239-2866
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
VISITACION VALLEY LIBRARY, 45 Leland Ave., 239-5270
VISITACION VALLEY NEIGHBORHOOD CLINIC, 82 Leland Ave., 584-7386
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
VERNA WALLACE E.A. (bookkeeping), 2320 Bayshore Blvd., 239-5333
YET SUNFOOD, INC., 78 Leland Ave., 469-4862

SUMP. THE GRUMP



Experts Agree on Key Advice to Reduce Cancer Risk

The connection between diet and cancer risk may be astonishing. According to a recent report by the American Institute for Cancer Research and the World Cancer Fund, between three and four million cases of cancer worldwide could be prevented annually through dietary change.

The report, *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, represents a broad review of scientific evidence on diet, nutrition and cancers. It offers some dietary rec-

ommendations that Americans have heard before from leading organizations such as the U.S. Departments of Agriculture and Health and Human Services (USDA/DHHS) and the American Cancer Society (ACS) on reducing cancer risk. However, the report also contains some advice that is not in accordance with these other dietary guidelines.

Finding precise links between diet and cancer is not easy. For example, over 100 different cancers exist, each with its own set of causes. Further, there is a dizzying number of components in the average diet. Some may decrease the risk while others may increase it.

"Diet is difficult to measure precisely and without bias," said Tim Byers, M.D., M.P.H., Professor of Preventive Medicine, University of Colorado. With heart disease there are risk factors like high blood cholesterol, but similar indicators may not exist to suggest cancer.

The fact that experts have agreed on general dietary advice to reduce cancer risk is also significant because it helps ensure that health professionals speak with a united voice on the subject.

The study's key recommendations—to choose a predominantly plant-based diet that includes a variety of vegetables, fruits and grains—echoes the

1996 ACS recommendations to choose mostly plant-based foods. Likewise, the USDA/DHHS *Dietary Guidelines for Americans* recommends a similar diet. The study noted that lean red meat can fit in a healthy diet. A recent survey showed Americans consume about 2.6 ounces of red meat per day—well within the study's recommendation of three ounces per day.

The advice on plant-based foods stems from research showing compounds within plant foods may help protect against potential cancer-causing agents. For instance, fiber, which is found only in plant foods, has a beneficial effect on the intestinal tract and may reduce the risk for some cancers.

Plant foods contain more than just fiber—they are also rich in phytochemicals that may be critical in controlling cell damage from free radi-

cals and in regulating cellular proliferation.

Experts note, however, that Americans are not making such simple changes as eating the recommended five servings of fruits and vegetables a day, which could reduce cancer incidence risk. Likewise, trends suggest a decline in physical activity among Americans.

The new report emphasizes the importance of physical activity and a healthy body weight. These recommendations are also in the USDA/DHHS and ACS guidelines. Physical activity not only helps reduce the risk of obesity, which may increase cancer risk, it independently reduces the risk of certain cancers. According to Dr. Byers, "These dietary guidelines represent sound advice to prevent cancer."

International Food Information Council

Training Institute for School Volunteers

San Francisco School Volunteers will sponsor a Training Institute from 10 a.m. to 1 p.m. on Saturday, Mar. 21 for current and prospective school volunteers at Sunset Elementary School, 3085 Santiago St., between 41st and 42nd Avenues.

The Training Institute is designed to build the skills of volunteers as well as to give prospective volunteers an orientation to the school volunteer experience.

Volunteers will be given practical experience in using reading strategies with early readers, an understanding of how to motivate students at all grade levels, and how to support students learning English as a Second Language, particularly emphasizing the needs of Cantonese-speaking students. In addition, the Training Institute will feature a session on *Messy Science*, an opportunity for volunteers and parents to learn how to use practical household items to teach interesting and fundamental science concepts.

Refreshments and childcare will be provided.

Training Institutes are offered at no charge and are designed to build the skills of people working in public schools in San Francisco. To register, call San Francisco School Volunteers at 274-0250.

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